

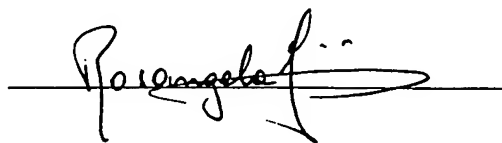
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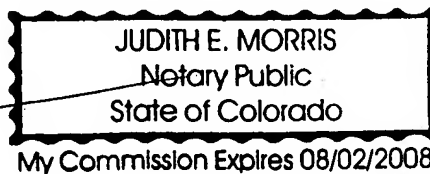
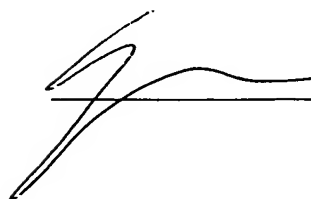
**ROSANGELA FIORI** being duly sworn, deposes and says that she is the Manager of  
**LANGUAGE MATTERS**, 1445 Pearl Street, Boulder, CO 80302 and that she is thoroughly  
familiar with **CRAIG MCGINTY** who translated the attached document titled:

**Patent # 51-10842**

from the **JAPANESE** language into the **ENGLISH** language, and that the **ENGLISH** text is a true  
and correct translation of the copy to the best of her knowledge and belief.



Sworn before me this  
October 15, 2004



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## Utility Model Gazette

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- (54) Training Apparatus  
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### (57) Claim of Utility Model

A training apparatus comprising: a base where pulleys are placed at an end portion and where rails are laid towards the pulleys; a traveling board that is placed at the base and travels on the rails; a pull rope including one end that is removable attached to the traveling board via the pulleys and other ends that are pulled to cause the traveling board to travel; and an inclination support that is placed at an end portion of the base and imparts inclination to the rails.

### Detailed Description of the Invention

This invention relates to a training apparatus comprising: a base where pulleys are placed at an end portion and where rails are laid towards the pulleys; a traveling board that is placed at the base and travels on the rails; a pull rope including one end that is removable attached to the traveling board via the pulleys and other ends that are pulled to cause the traveling board to travel; and an inclination support that is placed at an end portion of the base and imparts inclination to the rails. The training apparatus is configured so that the inclination support causes the base to which the traveling board is attached to be inclined. A user mounts the traveling board, pulls the pull rope in such a way that the user's own weight is applied to the traveling board, and causes the traveling

board to move up and down along the rails, whereby the user can exercise his/her arm and chest muscles.

Next, the invention will be described in regard to an example shown in the drawings. (1) is a base comprising linear metal pipes (3) that are hinged via hinges (4) to end portions of a metal pipe (2) folded in a "U" shape. The base (1) is configured to be foldable in two in a center portion thereof. (5) represents rails placed on the base (1). Similar to the base (1), the rails (5) comprise metal pipes, which are cut above the hinge portions, and are configured to be foldable in two with the base (1). Additionally, (6) represents pulleys that are placed at one end portion of the rails (5) and are for guiding a pull rope, which will be described later.

(7) is a traveling board that is placed above the base (1) and travels on the rails (5). (8) represents wheels of the traveling board (7). (9) is a pull rope including end portions placed with grips (10). A hook (11) is placed in a center portion of the pull rope (9), and the hook (11) is hooked to a ring-shaped stopper (12) placed at an undersurface of a leading end portion of the traveling board (7), whereby the pull rope (9) is removably attached to the traveling board (7). (13) is an inclination support that is placed at an end portion of the base (1) and is for causing the rails (5) to be inclined. In the present example, the inclination support (13) has a configuration that is pivotably hinged via hinges (14) to ends of the rails (5), so that when the training apparatus is not in use, the inclination support (13) can be folded against the undersurface of the base (1). However, it is not invariably necessary for the inclination support (13) to have a foldable configuration. The inclination support (13) can also be configured so that it is formed separately from the base (1), or so that the angle of inclination of the base (1) can be freely adjusted. (15) represents footrests that are placed at a lower end of the base (1) and used when the user wants to train his/her legs, as shown in FIG. 4. (16) is a footrest that is made of a metal pipe and used when the user wants to exercise his/her abdominal muscles, as shown in FIG. 5. A so-called soft pad (not shown) comprising a soft substance such as urethane foam is attached to the footrest (16) so that the user's feet do not slip or hurt.

(17) is a reinforcement member placed between the base (1) and the inclination support (13).

The invention is a training apparatus with the above-described configuration. As shown in FIG. 3, the base (1) and the rails (5) to which the traveling board (7) is attached are appropriately inclined by the inclination support (13). The user mounts the traveling board (7), pulls on the pull rope (9) in a state where the user's own weight is applied to the traveling board (7), and exercises while causing the traveling board (7) to move up and down. By placing his/her own weight on the traveling board (7), the user can exercise according to his/her own physical strength. The training apparatus is suitable as a training apparatus for exercising arm and chest muscles or as an overall beautification apparatus for trimming off fat.

### **Brief Description of the Drawings**

The drawings show an implementation of the invention. FIG. 1 is a perspective view, FIG. 2 is a side view, and FIGS. 3, 4 and 5 are descriptive diagrams showing states of use.

- 1      Base
- 5      Rails
- 6      Pulleys
- 7      Traveling Board
- 9      Pull Rope
- 13     Inclination Support

## 実用新案公報

庁内整理番号 6747-25

⑭公告 昭和51年(1976)3月24日

(全2頁)

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### ⑭トレーニング器具

⑯実 願 昭48-28469

⑰出 願 昭48(1973)3月6日

公 開 昭49-129662

⑱昭49(1974)11月7日

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### ㉒実用新案登録請求の範囲

端部にプーリーを設けると共に該プーリーに向  
けてレールを敷設した基台と、該基台に取付けら  
れレール上を走行する走行台と、前記プーリーを  
介して一端を走行台に着脱自在に取付け、他端を  
牽引することにより走行台を走行させる牽引ロー  
プと、基台の端部に設けレールに傾斜をもたせる  
ための傾斜附与体とからなることを特徴とするト  
レーニング器具。

#### 考案の詳細な説明

この考案は端部にプーリーを設けると共に該プ  
ーリーに向けてレールを敷設した基台と、該基台  
に取付けられレール上を走行する走行台と、前記  
プーリーを介して一端を走行台に着脱自在に取付  
け、他端を牽引することにより走行台を走行させ  
る牽引ロープと、基台の端部に設けレールに傾斜  
をもたせる傾斜附与体とからなり走行台を取付け  
た基台を傾斜附与体によつて傾斜させて走行台に  
乗り、走行台に自己の体重を掛けた状態で牽引ロ  
ープを牽引するなどして走行台をレールに沿つて  
上下動させ腕や胸等の筋肉の鍛練を行いことが出

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来るようにしたトレーニング器具に関するもので  
ある。

次に、この考案を図面に示す実施の一例につい  
て説明すれば、1はコ字状に折曲した金属パイプ  
5 2の端部に直線状の金属パイプ3を蝶着4して中  
央部において2つ折り出来るようにした基台、5  
は該基台1上に敷設されたレールで、該レール5  
は基台1と同様金属パイプからなり前記蝶着部の  
上部において切断されていて基台1と共に2つ折  
10 り出来るようになっていて、そして6がレール5  
の一端部に設けられ、後記する牽引ロープを誘導  
するためのプーリーである。

7は基台1上に取付けられレール5上を走行す  
る走行台、8はその車輪、9は両端部に握持体1  
0を設けると共に中央部にはフック11を設けて  
これを前記走行台7の先端部下面に設けられたリ  
ング状の保止体12に引つ掛けることにより走行  
台7に着脱自在に取付けられる牽引ロープ、13  
は基台1の端部に設けられたレール5を傾斜させ  
るための傾斜附与体であり実施例において該傾斜  
附与体13はレール5の先端に回動自在にヒンジ  
止め14されていて不使用時にはこれを基台1の  
下面に折り畳める構成としているが必ずしも傾斜  
附与体13を折り畳み可能な構成とする必要はな  
く、また傾斜附与体13を基台1と別個に形成し  
ても或は基台1の傾斜角度を自由に調整できるよ  
うにしてもよいこと勿論である。15は基台1の  
下端に設けられた足掛けで第4図に示すように脚  
力を鍛練したいような場合に使用するもの、16  
は第5図に示すような腹筋運動をする場合に使用  
する金属パイプ製の足掛けで、該足掛け16には  
図示を省略した発泡ウレタンや布等の柔らかな部  
材からなる所謂ソフトパッドが装着されていて滑  
つたり足が痛くならないように工夫されている。  
17は基台1と傾斜附与体13との間に互され  
た補強材である。

この考案は以上のような構成のトレーニング器  
具であつて第3図に示すように走行台7を取付け

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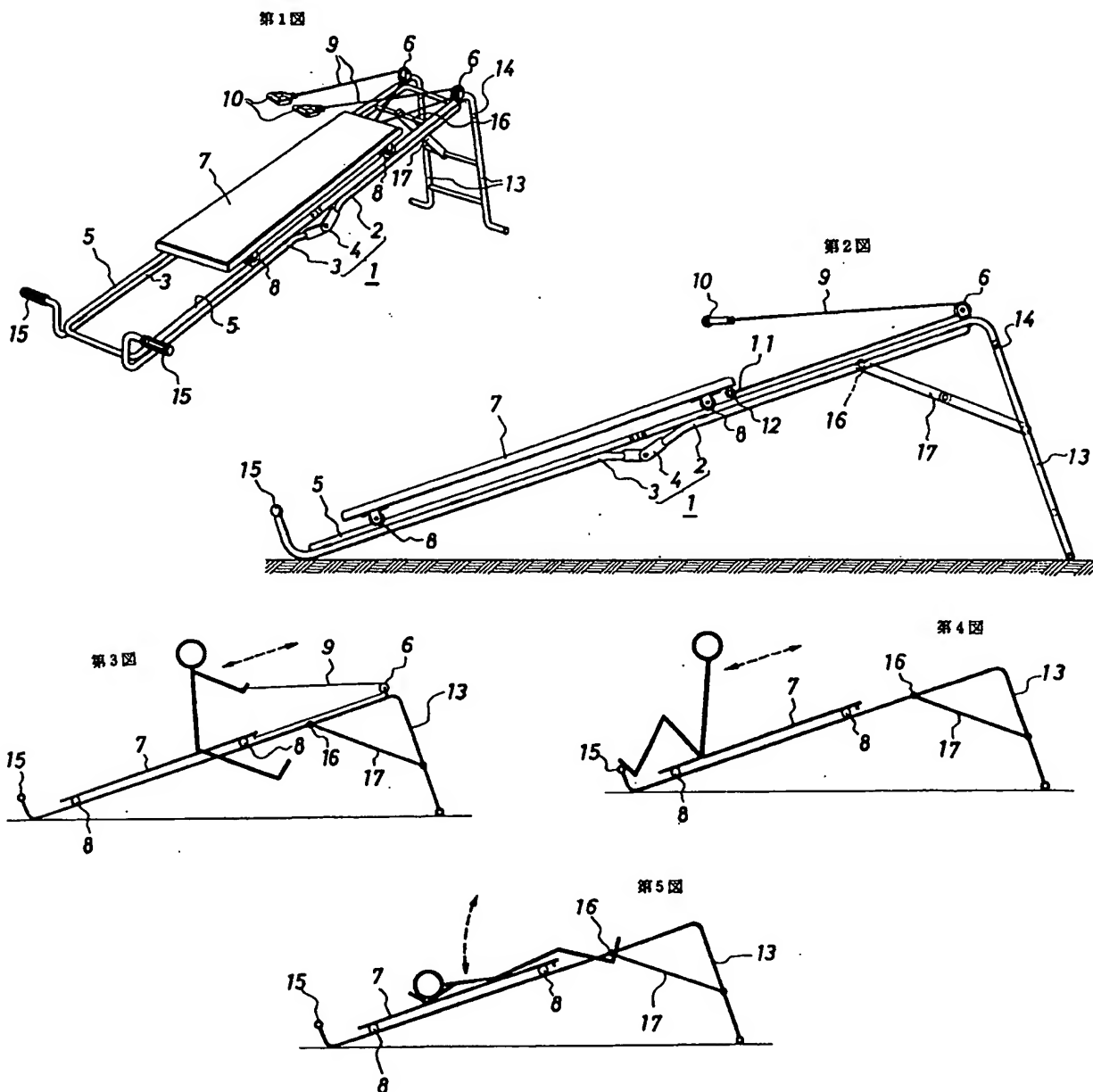
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た基台1乃至レール5を傾斜附与体13によつて適当に傾斜させ走行台7に乗り、走行台7に自己の体重を掛けた状態で牽引ロープ9を牽引し走行台7を上下動させながら運動を行うものであつて走行台7に自己の体重を掛けているので自己の体力に合った運動を行うことができ腕や胸等の筋肉のトレーニング器具或は贅肉を取るための全身美容器具として好適なものとなる。

### 図面の簡単な説明

図面はこの考案の一実施を示し第1図は斜視図第2図は側面図、第3、4、5図は使用状態を示す説明図である。

1……基台、5……レール、6……プーリー、7……走行台、9……牽引ロープ、13……傾斜附与体。



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